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Friday 6th November 2020

Dear Parents/Carers,

Welcome back to Autumn 2. At a time of change and uncertainty with the new national lockdown being introduced, we really hope you feel we are here to offer the support, routine and environment to help your children and yourselves to offer some stability during this unpredictable time. We also have many links to external agencies who we can help to signpost you to for a wide range of support. Please just email and ask a member of the pastoral team to contact you.

On Wednesday, the government brought out updated guidance for schools in-line with the new national lockdown. There are various elements which once again make the managing of COVID and the staffing aspect even more challenging than it already is. In the ideal world, we would have each member of staff and class linked to one bubble. However, there are many factors we have to take into account when trying to organise this: lunch duties; PPA; staff illness; Kidz Club; Shielding; staff being contacted by Test and Trace; staff having to isolate as contacts; bubble closure; plus many other factors. This means that it is just not always logistically possible to operate in the ideal way at all times.

From the recent information the government has shared nationally, Primary Schools remaining open is something that is extremely high on the agenda. There is no-one who wants schools to remain open more than we do and we are hopeful that this will be the case. However, it is important to be honest with yourselves about how challenging this is. The logistics outlined above make the day-to-day management quite complex. Some schools have had to close bubbles, not due at COVID-19 directly, but by the implications of COVID upon staffing capacity. As well as the staffing challenges, there is also the financial challenge the pandemic is making on depleted school budgets. Schools have not been provided with any additional funds to support with the huge additional costs we have incurred as a result of COVID-19. Schools have had to fund all of the additional cleaning equipment, and the large amount of overtime needed to cover additional staff absence (due to COVID restrictions). This is an additional pressure upon on schools and really does make things very challenging; alongside most schools, we are sharing these additional demands on resources with the LA and the Department for Education through regular surveys. I just wanted to share this with you, not to worry you, because we are doing so well to manage this as a team, but just to be open with you about the additional pressures we are facing.

That being said, I can not stress to you how determined and committed we are to offer our children the very best in all they do. Your ongoing trust with this is greatly appreciated. I feel very lucky and grateful to our leadership team and our fantastic whole staff team for everything they are doing. Each day there are so many changes which require staff to have to be flexible to support in different roles in school and to make the impossible possible. Whatever the coming months bring, please be reassured that we are all determined to make it the best it can be for everyone. We appreciate you continuing to work with us in partnership. We will get through this together!

Healthy School

As mentioned in the last newsletter, as a 'Healthy School' we are passionate about helping our children to understand the importance of making healthy choices. We started our new half term with our assembly promoting healthy eating, including healthy packed lunches.

As mentioned, this matches the packed lunch policy, as we have said that children are able to bring crisps, a fruit muffin or something similar on a Friday. Some schools have said no crisps on any day; in response to your input, we said this would be ok on a Friday. In the same way, children should not bring any sweets or chocolate into school. (Children who have school lunches do not have chocolate either, so this is fair for all).

This week we have seen many more healthy packed lunches, helping your children to feel good about their healthy choices and to 'Be the best they can be!' Thank you for your support with this. For more ideas please visit the link below.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

After consulting parents/carers previously, we decided to adapt the Leeds guidance -allow crisps on a Friday.

Red foods
These foods are not allowed in school lunch boxes.

- Chocolate bars or sweets
- Crisps
- Cereal bars (these can be high in fat and sugar).
- Chocolate biscuits and cake bars
- Processed fruit products such as winders (these can be high in sugar).
- Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.

Amber foods
These types of foods could be included occasionally as part of a balanced packed lunch.

- High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks.
- Small plain or fruit cakes such as scones, tea cakes or malt loaf.
- Plain biscuits, flapjacks or fig rolls
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.

Green foods
You can put these in lunch boxes everyday or as often as you like.

- 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).
- Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

Assembly Theme

The following children have excelled in making healthy choices. Well done – we are very proud of you!

CONGRATUATIONS TO:
Class 1 Madeleine Howden
Class 1/2 Freya Clarkson
Class 2 Mia Haines

Class 3 Chloe Newton
Class 3/4 Benjamin Asquith-Winning
Class 4 Ava Waterworth

Class 5 Sereya Blakeley
Class 5/6 Isaac Thornton
Class 6 Amy Thomas

KS2 Parent/Carer Consultations.

- Thank you to the parents of children in Class 5 and Class 3/4 for taking part in the Parent/Carer Consultations this week. Next week, it is the turn of Y3, Y4, Y5/6 and Y6. Thank you to parents who have already registered for a phone call. An email will be sent out on Monday confirming your time slot. If you have not signed up for a time slot, please look out for an email that was sent out on Monday in order to book your time.
- Reminder – for children in years 1-6, please check Google Classroom today for homework that has been set.
- Reminder – for children from Reception Class to Year 6, please return reading books ***that have been finished and need changing on Monday.***

Children in Need

Many children and parents have asked if we have plans to support this wonderful charity. Obviously, with the current lockdown in place, it makes it a little bit more challenging, so we will keep it simple:



- Children can come to school in non-uniform. If they want to wear something that's bright and spotty, that's great, but not essential.
- A pot/bucket will be left at each class door in the morning for children to throw in their contributions for the charity before entering school. This should help ensure we can raise money for the charity whilst also keeping everyone safe.



COVID Update

Thank you so much for helping to keep our school community safe by wearing a face covering when entering the school site. Please note that the guidance is very clear regarding the importance to socially distance, even when wearing a mask.



To help keep our school community safe, **we recommend wearing a face covering** when entering the school premises.



MASK



NECK GAITER



BANDANA



SCARF

Please maintain social distance 2m+ even whilst wearing a mask.

Thank you

- If you have a positive result – please email us immediately with the subject named as POSITIVE TEST and a copy of the conformation, so we can review any action that may need taking to keep people safe. admin@rothwell-pri.leeds.sch.uk
- If your child has to isolate, they must stay at home. If they have siblings that need dropping off and you have no-one who can support you with this, please contact the school office and we will work with you to find a solution.
- PLEASE DO NOT send your child to school if they have any of the three main COVID symptoms.
A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
A new continuous cough
A loss or change to your sense of taste or smell
- If you are outside, within 1 metre of another parent for 1 minute (with or without a mask) you would be classed as a close contact if they were to have the virus. People are contagious from 2 days before they even have any symptoms. This would mean you would have to isolate for 14 days if Test and Trace had to track close contacts. Please try to main 2m+.
- If your child shows any of the 3 symptoms, we have to contact you to ask you to isolate as a household and anyone with symptoms must then access a test. This is the same for children across the country. As a parent myself, I understand the difficulties and additional stress this may cause, but we have to do everything we can to keep our school community as safe as possible.
- Follow the 1 way system at all times please.
- Please try to ensure only 1 family member enters the school site to drop off or collect children, in order to reduce unnecessary risks.

Many thanks.

Leila Rothenburg

Headteacher